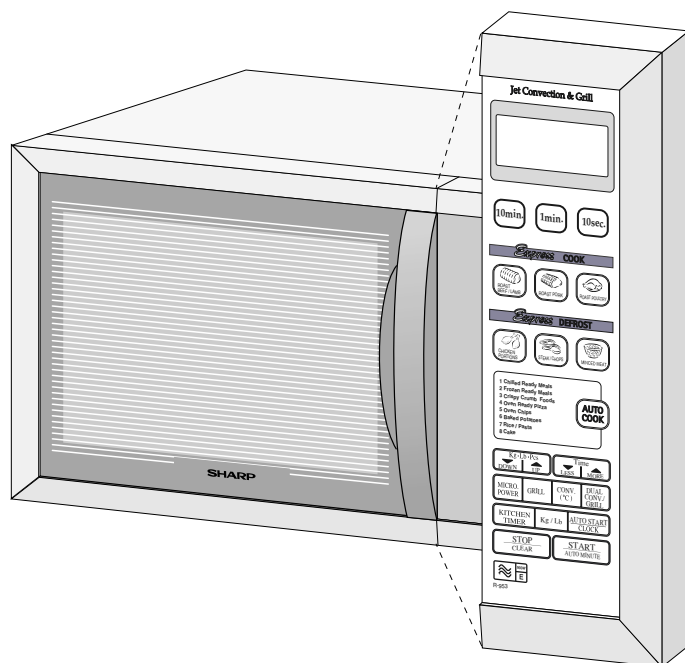
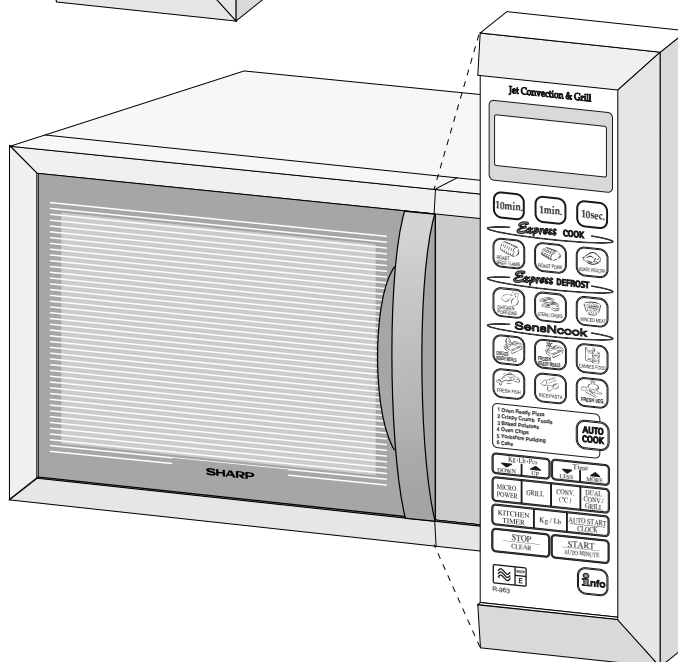


SHARP

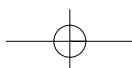
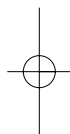
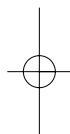
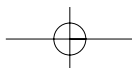


R-953M

R-963M



COMBINATION OVEN MICROWAVE, GRILL & CONVECTION OPERATION MANUAL 900W (IEC 60705)



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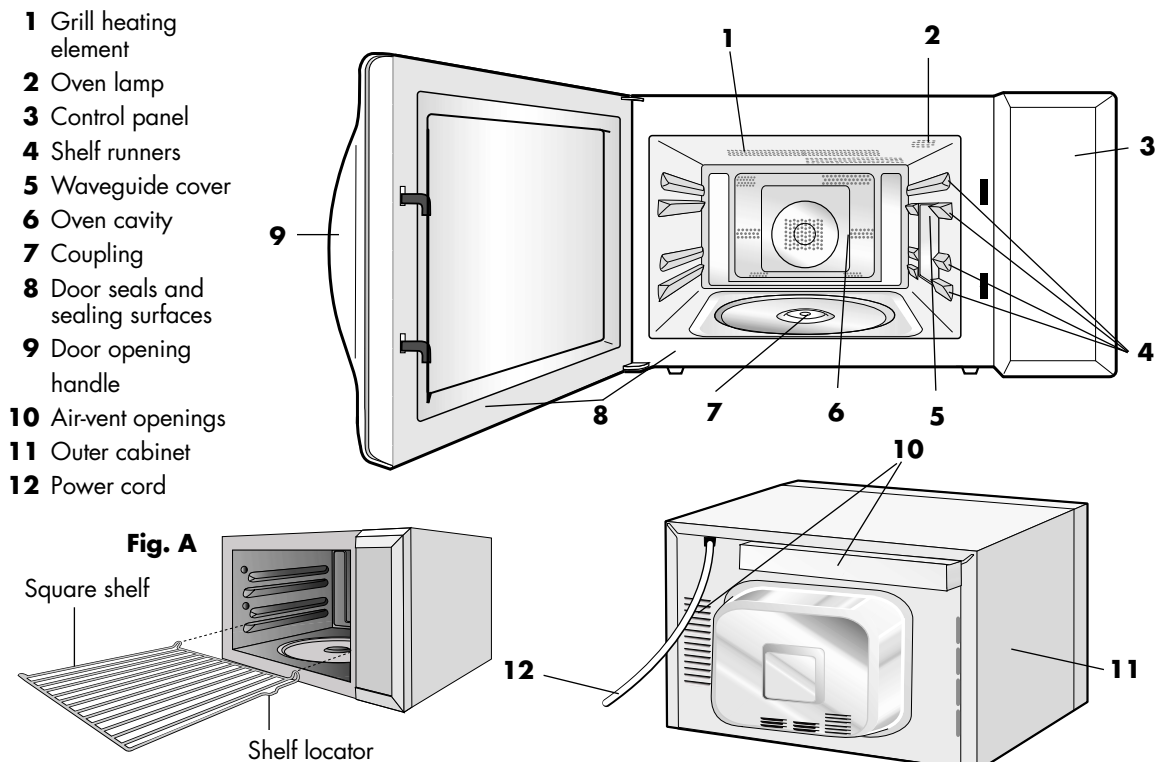
OPERATION MANUAL

This operation manual contains important information which you should read carefully before using your microwave oven.

IMPORTANT: There may be a serious risk to health if this operation manual is not followed or if the oven is modified so that it operates with the door open.



OVEN AND ACCESSORIES



ACCESSORIES:

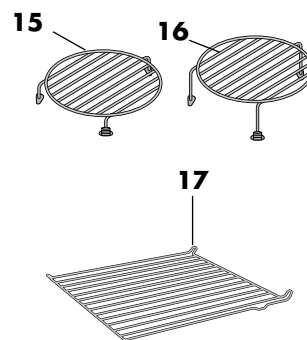
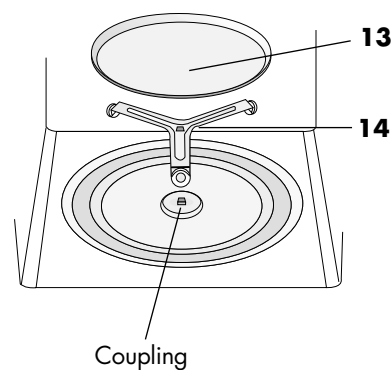
Check to make sure the following accessories are supplied:

13 Turntable **14** Turntable support **15** Low Rack
16 High Rack **17** Square shelves (x2)

- Place the turntable support into the coupling in the centre of the oven floor, ensuring you place it TOP side up, (TOP is engraved on one side). It should be able to freely rotate around the coupling.
- Place the turntable on to the turntable support.
- Place the high/low racks onto the turntable if necessary.
- When using the square shelves, place them onto the shelf runners as shown in Fig. A. Ensure the shelf locator is on the right side.

NOTES:

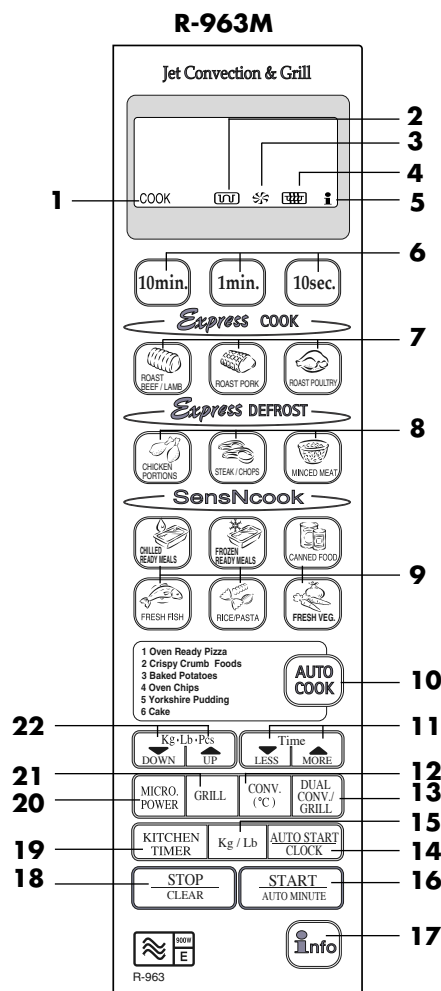
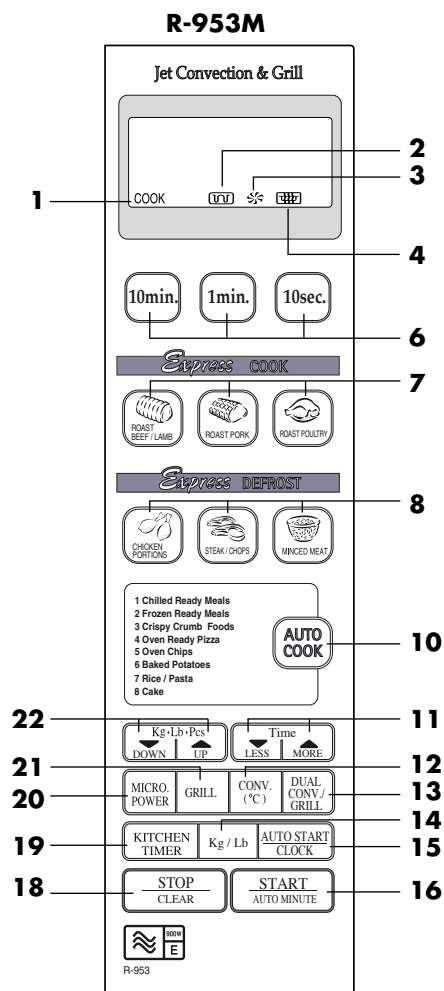
- Always operate the oven with the turntable and support fitted correctly. This promotes thorough even cooking. A badly fitted turntable may rattle, may not rotate properly and damage the oven.
- The turntable rotates clockwise or counter clockwise. The rotary direction may change each time you start the oven. This does not affect cooking performance.
- When you order accessories, please mention two details: part name and model name to your dealer or SHARP authorised service facility.



For use see page 29.

Use for convection only. See pages 11 and 29.

CONTROL PANEL



DIGITAL DISPLAY:

Note for R-963M: When **i** is highlighted in the display, press the **INFO** key to read a specific hint which may assist you.

1. **COOK** indicator
2. **GRILL** indicator
3. **CONVECTION** indicator
4. **MICROWAVE** indicator
5. **INFO** indicator (R-963M only)

CONTROL PANEL:

6. **TIME** keys
7. **EXPRESS COOK** keys
8. **EXPRESS DEFROST** keys
9. **SENS'N'COOK** keys (R-963M only)
10. **AUTO COOK** key

11. **LESS/MORE** keys
Press to shorten or lengthen cooking/defrosting time.
12. **CONVECTION** key
13. **DUAL CONVECTION/GRILL** key
14. **WEIGHT CONVERSION** key
15. **AUTO START/CLOCK** key
16. **START/AUTO MINUTE** key
17. **INFO** key (R-963M only)
18. **STOP/CLEAR** key
Press once to stop a programme, and/or twice to cancel a programme.
19. **KITCHEN TIMER** key
20. **MICROWAVE POWER LEVEL** key
21. **GRILL** key
22. **WEIGHT** keys



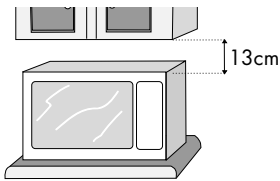
INSTALLATION

Inspect the Oven:

- **Check the oven carefully for damage before and regularly after installation.**
- **Make sure the door closes properly, that it is not misaligned or warped.**
- **Check the hinges and door safety latches are not broken or loose.**
- **Ensure the door seal and sealing surfaces are not damaged.**
- **Inspect the oven interior and door for dents.**

Important:

If any damage is apparent, do not operate the oven in any way. Contact your dealer or an authorised Service Technician appointed by SHARP. (see p. 35)

1. Remove all packing materials including the feature sticker. Do not remove the plastic film from the inside of the oven window as this protects it from dirt.
2. Place oven on a secure, level surface, strong enough to take the oven weight, plus the heaviest item likely to be cooked in the oven.
3. The minimum height of free space necessary above the top surface of the oven is 13cm.
 
4. The oven door may become hot during cooking. Place or mount the oven so that the bottom of the oven is 85cm or more above the floor.
5. Do not place the oven where heat, moisture or high humidity are generated, (for example, near or above a conventional oven) or near combustible materials (for example, curtains). Do not block or obstruct air vent openings. Do not place objects on top of the oven.
6. Make sure the power supply cord is undamaged (See IMPORTANT: ELECTRICAL CONNECTION! opposite) and that it does not run under the oven or over any hot or sharp surfaces.
7. The socket must be readily accessible so that it can be easily unplugged in an emergency.
8. Do not use the oven outdoors.

BUILDING-IN-KIT.

An installation frame is available which enables the microwave oven to be integrated within a kitchen unit. The microwave oven is not designed to be built above or near a conventional oven.

SHARP recommend the use of the build in kit, EBR-9900 SL/W, available from your SHARP dealer. Only the use of this frame will guarantee the quality and safety of the oven. When building, follow installation instructions carefully.

IMPORTANT! ELECTRICAL CONNECTION.

- Do not allow water to come into contact with the power supply cord or plug.
- Insert the plug properly into the socket.
- Do not connect other appliances to the same socket using an adaptor plug.
- If the plug or socket is loose or the power supply cord is damaged, it must be replaced with a special cord. The exchange must be made by an authorised SHARP service agent.
- When removing the plug from the socket always grip the plug, never the mains lead as this may damage the power supply cord and the connections inside the plug.
- This product is fitted with a re-wireable plug. Should it not be suitable for the socket outlet in your home, remove the plug and fit an appropriate type, observing the wiring code given in 'To replace the mains plug' on page 35.

If you wish to remove or replace the plug supplied, ensure the plug is removed properly and not cut off. When replacing the plug please ensure that you use a BSI or ASTA approved plug to BS1363, this should be fitted with a brown coloured 13 amp fuse approved by BSI or ASTA to BS1362. If you have any doubt about electrical connection seek the help of a qualified electrician.



WARNING: THIS APPLIANCE MUST BE EARTHED

To wire an appropriate plug, follow the wiring code given in 'To replace the mains plug' on page 35.

IMPORTANT SAFETY INSTRUCTIONS



IMPORTANT SAFETY INSTRUCTION READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

Oven Use:

- The oven is for domestic food preparation only. Never operate when empty, except as directed in the operation manual (see page 10).
- Do not leave or store anything inside the oven when not in use.
- Never attempt to use the oven with the door open. It is important not to force or tamper with the door safety latches.
- Never operate the oven with any object caught in the door.
- Do not insert fingers or objects in the holes of the door latches or air-vent openings as this may damage the oven and cause an electric shock.
- If water or food drops inside the air-vent openings switch off the oven immediately, unplug it and call a Service Technician appointed by SHARP. (See page 35).
- Never move the oven while it is operating.
- Do not touch the oven door, outer cabinet, rear cabinet, oven cavity, ventilation openings, accessories and dishes during **GRILL** mode, **DUAL GRILL** mode, **CONVECTION** mode, **DUAL CONVECTION** mode, **EXPRESS COOK** and **AUTO COOK** operations, unless wearing thick oven gloves, as they will become hot. Before cleaning make sure they are not hot.

Pacemaker: If you have a heart pacemaker, consult your doctor or the pacemaker manufacturer prior to oven use.

Warning: Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.

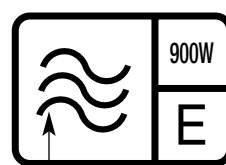
Fire: If smoke is observed, switch off and unplug the appliance and keep the door closed in order to stifle any flames.

Liquids: Microwave heating of beverages, can result in delayed eruptive boiling, therefore care has to be taken when handling the container. Stir the liquid prior to and during heating/reheating, let liquid stand in the oven after cooking.

MAFF HEATING CATEGORY



The heating category (a letter A to E) developed by MAFF (Ministry of Agriculture, Fisheries and Food) with microwave oven and food manufacturers indicates the ability of the oven to heat small quantities of food (up to 500g [1lb 2oz]). It does not represent the general performance of the oven.



Microwave Symbol.

Microwave output power in Watts (based on international (IEC 60705) standard).

Letter representing the oven heating category.

Food packs carry cooking instructions for heating categories A to E. Follow instructions for the letter corresponding to the oven's heating category. The higher the output power and heating category of the oven the less heating time is required. As shown opposite.

OVEN OUTPUT POWER	<div> Less heating time required 600 700 800 900 1000 Watts More heating time required </div>
OVEN OUTPUT CATEGORY	<div> Less heating time required A B C D E More heating time required </div>



MICROWAVING - INTRODUCTION

Water, sugar and fat in food absorbs the microwaves and causes them to vibrate. This creates heat by friction, in the same way your hands get warm when you rub them together.

The outer areas of food are heated by microwave energy and the remaining portions by conduction. It is important to **turn, rearrange** or **stir** food to ensure even heating. Where recommended, allow food to stand, this is not optional but is **necessary** to ensure thorough cooking. It is particularly important for dense food, such as joints of meat.

NOTES:

- Microwaves pass through non-metallic dishes and utensils and heat the food inside the dishes.
- Microwaves are reflected by metal.
- The oven is lined with metal and has a fine metallic mesh in the door to prevent microwave leakage.
- Metallic dishes are not suitable for microwaving.
- Never use the square shelves for microwave cooking and dual cooking as this may cause arcing.
- See SUITABLE COOKWARE, page 28-29.



MICROWAVE POWER LEVELS

Your oven has 5 power levels. To choose the power level for cooking, follow the advice given in the cookbook. Generally the following recommendations apply:

HIGH - (100% output = 900W) used for fast cooking or reheating e.g. for casseroles, hot beverages, vegetables etc.

MEDIUM HIGH - (70% output = 630W) used for longer cooking of dense foods such as roast joints, meat loaf and plated meals, also for sensitive dishes such as cheese sauce and sponge cakes.

MEDIUM - (50% output = 450W) for dense foods which require a long cooking time when cooked conventionally, eg. beef dishes, it is advisable to use this power setting to ensure the meat will be tender.











MEDIUM LOW - (30% output = 270W Defrost setting) to defrost, select this power setting, to ensure that the dish defrosts evenly. This setting is also ideal for simmering rice, pasta, dumplings and cooking egg custard.

LOW - (10% output = 90W) For gentle defrosting, eg. cream gateaux or pastry.

To change the power level for cooking:

Enter the required time and then press the **MICROWAVE POWER LEVEL** key.

For example:

100% (HIGH)	 x1		100 %
70% (MEDIUM HIGH)	 x2		70 %
50% (MEDIUM)	 x3		50 %
30% (MEDIUM LOW)	 x4		30 %
10% (LOW)	 x5		10 %

Power level: The microwave power level is varied by the microwave energy switching on and off. When using the power levels other than 100% (HIGH) you will be able to hear the microwave energy pulsing on and off as the food cooks or defrosts.

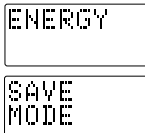
IMPORTANT:

The microwave power level will default to 100% (HIGH) unless you press the **MICROWAVE POWER LEVEL** key to the desired setting.

TO CHECK THE POWER LEVEL:

To check the microwave power level during cooking/defrosting, press the **MICROWAVE POWER LEVEL** key. The power level will be displayed as long as the key is pressed. This does not affect the programme or cooking time.

BEFORE OPERATION



Your oven has an "Energy Save" mode.

1. Plug in the oven. Nothing will appear in the display at this time.

2. Open the door. The display will flash the message shown opposite.

NOTE: If the display shows different messages from ENERGY SAVE MODE, the oven may be set in demo mode. Close the door, see page 34 to cancel the demo mode.

3. Close the door. The oven display will show ".0". If you set the clock "Energy Save" mode will be off. If you want to keep "Energy Save" mode, go to step 5.

4. Set the clock, refer to page 8.

5. Heat the oven using the convection and grill without food for 20 minutes. (For operation, see NOTES on page 10 and 11).

NOTE: When you plug the oven in, the auto setting for the interactive display guide is ON. To assist you in operating your oven, useful information will appear on the display. When you become familiar with your oven, the guide can be turned off. See pages 24 and 25.



STOP/CLEAR key

Use the STOP/CLEAR key to:

1. Erase a mistake during programming.

2. Stop the oven temporarily during cooking.

3. Cancel a programme during cooking, press twice.

ENERGY SAVE MODE



Your oven comes set with an "Energy Save" mode. When "Energy Save" mode is on, the microwave display will show ".0" instead of the time of day. If you do nothing for 3 minutes after the preceding operation, i.e. at the end of cooking, the power will go off automatically and the display will show "OVEN IN ENERGY SAVE MODE" just before the oven is in "Energy Save" mode. The energy consumption of the oven will nearly equal zero in the "Energy Save" mode. **To restore the power, open and then close the door.** "Energy Save" mode will remain "on" until you set the clock.

To set the energy save mode:

- 1.** Press the **AUTO START/CLOCK** key once.

The display will show:



x1



- 2.** Press the **AUTO START/CLOCK** key again.

The display will show:



x1



- 3.** Press the **START/AUTO MINUTE** key once.

The energy save mode will be set and the display will show nothing.



x1



NOTE: When the clock is not set, the "Energy Save" mode will be on.



SETTING THE CLOCK

Your oven is fitted with a 12 hour clock. To set the time of day, follow the guidelines given in the example below:

EXAMPLE:

To set the time of day, 12:35.

1. Press the **AUTO START/CLOCK** key once.

AUTO START
CLOCK

x1

2. Enter the hours, by pressing the **10 MIN** key once and the **1 MIN** key twice.

10min.

x1

1min.

x2

3. Press the **AUTO START/CLOCK** key again.

AUTO START
CLOCK

x1

4. Enter the minutes by pressing the **10 MIN** key three times and the **1 MIN** key five times.

10min.

x3

1min.

x5

5. Press the **AUTO START/CLOCK** key again to set the clock.

AUTO START
CLOCK

x1

Check the display.

12:35

NOTES:

- If the oven is in cooking or timer mode and you wish to know the time of day, press the **AUTO START/CLOCK** key. As long as your finger is pressing the key, the time of day will be displayed.
- If the electrical power supply to your microwave is interrupted, plug in the oven again, then open and close the door. The display will show ".0". If this occurs during cooking, the programme will be erased. The time of day will also be erased.
- If the clock is set and cooking is complete, the display will show the correct time of day. If the clock has not been set, the display will show ".0".

HOW TO OPERATE THE OVEN



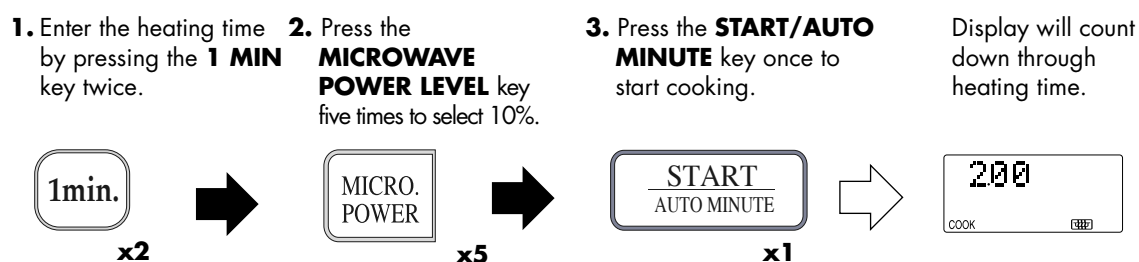
Opening and closing the door:

- To open the oven door, pull the door opening handle.
- The oven lamp will light when the door is open.
- Close the door firmly and the lamp will go out.

MICROWAVE COOKING:

EXAMPLE:

To cook on 10% (LOW) power for 2 minutes.



NOTES:

- Your oven can be programmed up to 99 minutes, 90 seconds (99.90).
- When the door is opened during cooking, the cooking time on the display stops. The cooking time starts to count down again when the door is closed and the **START/AUTO MINUTE** key is pressed.
- When oven operation is finished, the time of day will reappear on the display, if set.

WARNING: Never use the square shelves for microwave cooking and dual cooking as this may cause arcing.

DEFROSTING



To defrost foods not included in the Express Defrost menu, use microwave power levels 30% (MEDIUM LOW) or 10% (LOW). Stir or turn food at least 2-3 times during defrosting, shield if necessary. After defrosting, wrap in aluminium foil and leave to stand until thoroughly defrosted. Refer to the defrosting charts in the Cookery Book.

WARNING: Never use the square shelves for microwave cooking and dual cooking as this may cause arcing.



GRILLING

The Grill heating element at the top of the oven cavity has one power setting only. It is efficient and economical. The efficiency of the grill is assisted by the turntable which rotates simultaneously to ensure even browning. The grill is ideal for cooking bacon, gammon steak, fish fingers and tea cakes.

Use the high rack for grilling small items of food such as bacon and sausages, turn over halfway through grilling. Food can be placed directly on the rack or placed in a flan dish or on a heat-resistant plate.

EXAMPLE: To grill for 8 minutes.

1. Enter the grilling time by pressing the **1 MIN** key 8 times.

2. Press the **GRILL** key to select the grill mode.

When browning and crisping the surface of foods in a casserole dish, the high rack can be used if the container is shallow enough. However, it is advisable to place such containers directly on the turntable or low rack, allow a little extra time to brown and crisp as desired. It is not possible to use the square shelf for grilling.

NOTE:

When first using the grill heater, smoke and odour will be given off. To avoid this happening when food is being cooked, heat the grill heater without food for approx. 20 minutes.

3. Press the **START/AUTO MINUTE** key once to start grilling.

The display counts down through the grilling time.



x8



x1



x1



NOTE: After cooking is complete, the cooling fan will continue working for a short time to lower the temperature of the electrical and mechanical components. The display may show "NOW COOLING".



WARNING:

The oven cavity, door, outer cabinet, air-vent openings, turntable, turntable support, racks and dishes will become very hot. Use thick oven gloves when removing the food or turntable from the oven to prevent burns.



PREHEATING THE OVEN



Your oven can be preheated to a desired temperature prior to oven cooking. Preheating is recommended for better results (especially when using square shelves).

EXAMPLE: To preheat the oven to 180°C.

1. To preheat the oven, enter the desired temperature by pressing the **CONVECTION** key five times.

2. Press the **START/AUTO MINUTE** key to begin preheating.

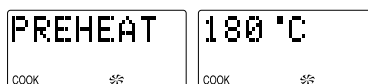
3. When the oven reaches 180°C, the 'beep' signal will sound and the oven will display 180°C. Place food in the oven, enter the desired cooking time and temperature before pressing the **START/AUTO MINUTE** key.



x5



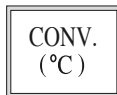
x1



NOTES:

- When the oven reaches the desired temperature, the audible signal will sound and the temperature in °C will be displayed.
- If you prefer not to preheat the oven where recommended in the Cookery Book, allow extra cooking time.
- The preheated temperature will be maintained for approximately 30 minutes before automatically turning itself off and returning to the time of day, if the clock has been previously set.
- When the oven is preheated for cooking on the high rack and the low rack, the turntable should be in the oven.
- When the oven is preheated for cooking on square shelves, the turntable and shelves should be in the oven.

CONVECTION COOKING



Your oven can be used as a conventional oven using the convection mode.

The temperatures available in degrees Centigrade are:

250°C, 230°C, 220°C, 200°C, 180°C, 160°C, 130°C, 100°C, 70°C, 40°C.

NOTES:

- CONVECTION cooking is ideal for cooking Victoria sandwich cakes, buns, biscuits, scones and for proving bread at 40°C.
- When using the CONVECTION facility, all metal cookware can be used. See SUITABLE COOKWARE page 28-29. To achieve the best results when cooking by CONVECTION, always use the lower shelf for one layer cooking, and the upper and lower shelves for two layer cooking.
- When using 2 square shelves, rotate the cookware 90° and swap the shelf position of the food after half the cooking time to achieve better results. The turntable should be in the oven when using square shelves.
- When first using convection, smoke and odour will be given off. To avoid this happening when food is being cooked, heat the oven on convection 250°C without food for approximately 20 minutes.

EXAMPLE:

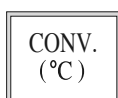
To bake at 200°C for 20 minutes.

1. Input the desired cooking time, of 20 minutes by pressing the **10 MIN** key twice.



x2

2. Input 200°C by pressing the **CONVECTION** key four times.



x4

3. Press the **START/AUTO MINUTE** key and the oven will cook for 20 minutes at 200°C.



x1



NOTES:

- Once the oven has started you can find out the temperature you have programmed by pressing the **CONVECTION** key. The temperature will appear on the display. This will not affect the programme or cooking time.
- After cooking is complete, the cooling fan will continue working for a short time to lower the temperature of the electrical and mechanical components. The display will show "NOW COOLING"



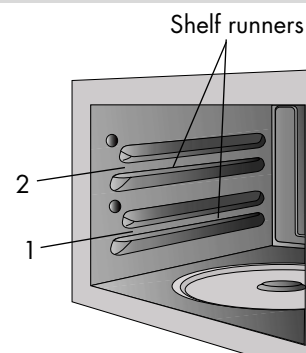
WARNING:

The oven cavity, door, outer cabinet, air-vent openings, turntable, turntable support, square shelves, racks and dishes will become very hot. Use thick oven gloves when removing the food or turntable from the oven to prevent burns.

SPECIAL NOTE FOR SQUARE SHELVES:

When using square shelves follow the notes below to prevent them slipping out:

- Do not place food weighing more than 5kg on square shelves.
- Ensure that the square shelves are in the correct position and do not rattle.
- The correct position for the square shelves is 1 or 2 as shown in the diagram.
- When removing the food, pull the square shelf until it is slightly locked, and then remove the food.





DUAL COOKING

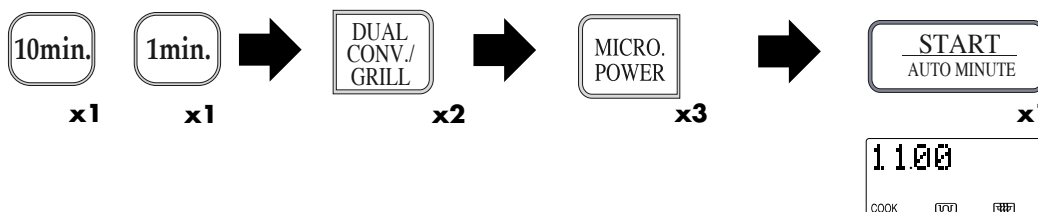
The **DUAL CONVECTION/GRILL** function combines any one of the microwave power levels with convection or the grill.

DUAL CONVECTION/GRILL is programmed with microwave power level 30% (MED LOW). Press the **MICROWAVE POWER LEVEL** key if you wish to adjust the power level. The combination of microwave and convection or grill reduces cooking time and provides a crisp, brown result giving you the convenience of fast cooking with traditional appetising taste and appearance.

EXAMPLE 1: For DUAL GRILL.

To cook using **DUAL GRILL**, combining 70% (MEDIUM HIGH) microwave power for 11 minutes.

1. Enter the cooking time by pressing the **10 MIN** key once and the **1 MIN** key once.
2. Press the **DUAL CONVECTION/GRILL** key twice.
3. Press the **MICROWAVE POWER LEVEL** key three times for 70% (MEDIUM HIGH).
4. Press the **START/ AUTO MINUTE** key once to start cooking. The display counts down through cooking time.



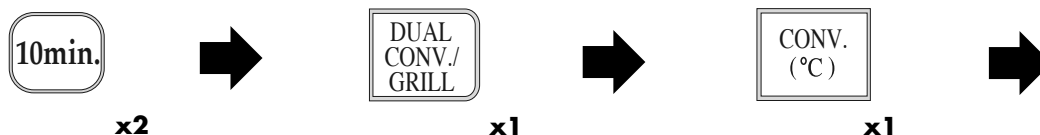
COOKING HINT: For DUAL GRILL.

Use the high rack for grilling small items such as sausages, bacon or burgers. Turn over halfway through cooking. Food can be placed directly on the rack, on a heat resistant plate or in a flan dish on the rack.

EXAMPLE 2: For DUAL CONVECTION.

To cook for 20 minutes on **DUAL CONVECTION** 230°C combined with **MICROWAVE POWER LEVEL** 10% (LOW).

1. Enter the cooking time by pressing the **10 MIN** key twice.
2. Press the **DUAL CONVECTION/GRILL** key to select the cooking mode.
3. Press the **CONVECTION** key once to change the temperature to 230°C.



4. Press the **MICROWAVE POWER LEVEL** key once to change the power to 10%.
 5. Press the **START/AUTO MINUTE** key once to start cooking.
- The display counts down through cooking time.



NOTE FOR DUAL CONVECTION: 100% (HIGH) can not be selected.



WARNINGS:

- The oven cavity, door, outer cabinet, air-vent openings, turntable, turntable support, racks and dishes will become very hot. Use thick oven gloves when removing the food or turntable from the oven to prevent burns.
- Never use the square shelves for microwave cooking and dual cooking as this may cause arcing.

EXPRESS COOK



This function allows you to cook 4 popular menus from either frozen or chilled. (See chart on page 14)

When cooking from frozen (-18°C) press the desired menu key once.

When cooking from chilled (5°C) press the desired menu key twice.

When freezing foods for Express Cook, ensure food is fresh and of good quality.

Express COOK



Example 1: To cook medium Roast Beef from frozen weighing 1.0kg.

1. Press the **ROAST BEEF/LAMB** key once to select cooking from frozen.
2. Enter the weight by pressing the **WEIGHT** keys until the desired weight is displayed.
3. Press the **START/AUTO MINUTE** key to start cooking.

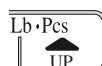


x1



x9

OR



x5



x1

The display counts down through cooking time.



NOTE: For R-963M, the INFO indicator will also be lit at step 2.

Example 2: To cook Roast Pork from chilled weighing 0.6kg.

1. Press the **ROAST PORK** key twice to select cooking from chilled.
2. Enter the weight by pressing the **WEIGHT** keys until the desired weight is displayed.
3. Press the **START/AUTO MINUTE** key to start cooking.

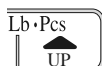


x2



x13

OR

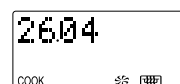
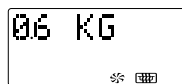


x1



x1

The display counts down through cooking time.



NOTE: For R-963M, the INFO indicator will also be lit at step 2.

NOTE: If the **DOWN** (▼) weight key is pressed the display will count down from the highest weight range/ number of pieces, each time the key is pressed.

If the **UP** (▲) weight key is pressed the display will count up from the lowest weight range/number of pieces, each time the key is pressed.



EXPRESS COOK CHART

WEIGHT RANGE:

- Food weight should be rounded up to the nearest 0.1kg or 1oz, for example, 0.65kg to 0.7kg and 12.5oz to 13oz.
- You are restricted to enter a weight within the range (see the chart below).
- To cook weights above or below that range, or foods not included in the chart below, refer to the charts in the Cookery Book.

NOTES:

- Press the **MORE** (▲) or **LESS** (▼) keys before pressing the **START/AUTO MINUTE** key where recommended in the chart below.
- When action is required (example, to turn food over), the oven stops, the audible signal sounds, and the display shows the necessary action. To continue cooking, press the **START/AUTO MINUTE** key.
- The final temperature will vary according to the initial food temperature. Check food is piping hot after cooking. If necessary, you can extend the cooking time and change the power level.
- You can enter the weight in Lb/oz or Kg/g. To convert to either weight range press the **WEIGHT CONVERSION** key once before entering the weight. See page 27.
- When freezing foods for Express Cook, ensure food is fresh and of good quality.

EXPRESS COOK

MENU	WEIGHT RANGE	COOKING PROCEDURE
Roast Beef / Lamb	0.6kg - 1.8kg	<ul style="list-style-type: none"> • Place the meat in a flan dish on the low rack. • Turn the meat over when the oven indicates. • After cooking, leave the meat to stand wrapped in aluminium foil for 10 minutes. <p>NOTE: Select MORE (▲) for well done. It is not possible to use the LESS (▼) function for beef/lamb.</p>
Roast Pork	0.6kg - 1.8kg	<ul style="list-style-type: none"> • Place the meat in a flan dish on the low rack. • Turn the meat over when the oven indicates. • After cooking, leave the meat to stand wrapped in aluminium foil for 10 minutes. <p>NOTE: It is not possible to use the LESS (▼) function for pork.</p>
Roast Poultry	1.2kg - 3.6kg	<ul style="list-style-type: none"> • Place the poultry breast side down in a flan dish on the low rack. • Turn the poultry over when the oven indicates. When you cook frozen poultry with giblets, remove the giblets at the first or second turn over. • After cooking, leave the poultry to stand wrapped in aluminium foil for 10 minutes. <p>NOTE: It is not possible to use the LESS (▼) function for poultry.</p>

For converting to Lb/oz see the conversion chart in the Cookery Book.

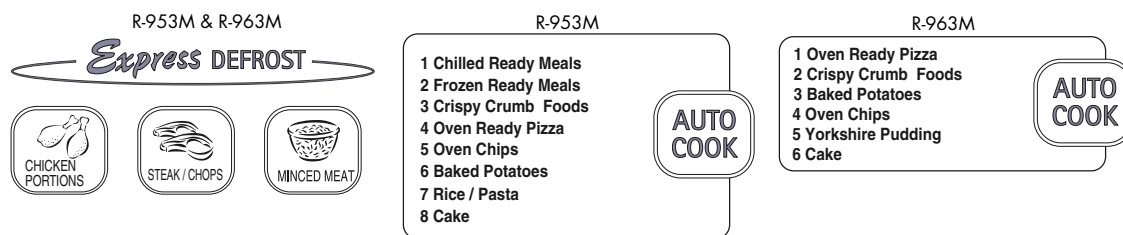
EXPRESS DEFROST/AUTO COOK



EXPRESS DEFROST/AUTO COOK enables you to defrost or cook foods listed on the control panel and the charts on pages 16-18. Follow the example below for details on how to operate these functions.

When defrosting, press the desired **EXPRESS DEFROST** key. The display will show the selected menu.

When cooking, press the **AUTO COOK** key until the desired menu number is displayed.



EXAMPLE: To defrost 1.2kg Chicken Portions.

1. Press the **CHICKEN PORTIONS** key.



x1

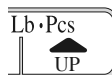


2. Enter the weight by pressing the **WEIGHT** keys until the desired weight is displayed.

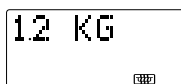


x1

OR



x10

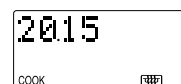


3. Press the **START/AUTO MINUTE** key to start defrosting.



x1

The display counts down through defrosting time.



NOTE: For R-963M, the INFO indicator will also be lit at step 2.

WEIGHT RANGE:

- Food weight should be rounded up to the nearest 0.1kg or 1oz, for example, 0.65kg to 0.7kg and 12.5oz to 13oz (except for Chilled Ready Meals and Frozen Ready Meals which should be rounded up to the nearest 0.05kg).
- You are restricted to enter a weight within the range given (see the charts on pages 16-18).
- To defrost/cook weights below or above that range, or foods not included in the charts on pages 16-18, refer to the charts in the Cookery Book.

NOTES:

- If the **DOWN** (▼) weight key is pressed the display will count down from the highest weight range/number of pieces, each time the key is pressed.
If the **UP** (▲) weight key is pressed the display will count up from the lowest weight range/number of pieces, each time the key is pressed.
- Press the **MORE** (▲) or **LESS** (▼) keys before pressing the **START/AUTO MINUTE** key where recommended in the charts on pages 16-18.
- When action is required (example, to turn food over), the oven stops, the audible signals sound and the display shows the necessary action. To continue cooking, press the **START/AUTO MINUTE** key.
- The final temperature will vary according to the initial food temperature. Check food is piping hot after cooking. If necessary, you can extend the cooking time and change the power level.
- You can enter the weight in Lb/oz or Kg/g. To convert to either weight range press the **WEIGHT CONVERSION** key once before entering the weight. See page 27.



EXPRESS DEFROST/AUTO COOK CHART



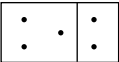
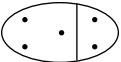
EXPRESS DEFROST (R-953M & R-963M)

MENU	WEIGHT RANGE	COOKING PROCEDURE
Chicken Portions	0.3kg - 1.2kg Approx. weight of each portion: leg portions = 300g breast with wing portions = 400g	<ul style="list-style-type: none"> Place the portions best side up in a flan dish on the turntable. Turn over and rearrange when the oven indicates. Stand, wrapped in foil, for 15-30 minutes until evenly defrosted.
Steaks, Chops	0.2kg - 1.2kg	<ul style="list-style-type: none"> Place the steaks/chops in a flan dish on the turntable. Turn over and rearrange when the oven indicates. Stand, wrapped in foil, for 15-30 minutes until evenly defrosted.
Minced Meat Beef/Lamb/Pork Poultry	0.2kg - 1.0kg	<ul style="list-style-type: none"> Place the minced meat in a flan dish. When the oven indicates turn over and remove defrosted parts. Stand for 5-30 minutes, covered with foil, after defrosting if required.

For converting to Lb/oz see the conversion chart in the Cookery Book.

Defrost: If necessary, shield small areas of meat or poultry with flat pieces of aluminium foil. This will prevent the areas from becoming warm during defrosting. Ensure the foil does not touch the oven walls. Do not cook the meat or poultry until thoroughly defrosted.

AUTO COOK (R-953M)

No.	MENU	WEIGHT RANGE	COOKING PROCEDURE
1	Chilled Ready Meals (5°C) Stirrable e.g: Spaghetti Bolognese, Beef stew Non-Stirrable e.g: Lasagne, Cottage pie	0.3kg - 0.8kg	<ul style="list-style-type: none"> For one section containers, use a skewer to pierce film in five places.   For two section containers, pierce using a skewer. Pierce meat/main portion three times and rice/pasta portion twice.   For food contained in bag(s), pierce meat portion five times on each side. For rice/pasta pierce five times on one side only (where rice/pasta portion bags come already perforated, do not pierce further). Place on the turntable.
2	Frozen Ready Meals (-18°C) Stirrable e.g: Spaghetti Bolognese, Beef stew Non-Stirrable e.g: Lasagne, Cottage pie	0.3kg - 0.8kg	<p>NOTE: For non-stirrable foods, press the MORE (▲) key, before pressing the START/AUTO MINUTE key.</p> <ul style="list-style-type: none"> After cooking, leave to stand for 2-3 minutes before serving. <p>NOTE:</p> <ul style="list-style-type: none"> For stirrable foods, stir as the oven indicates. For food in bags, manipulate contents. For non-stirrable foods, it is not necessary to stir. It is not possible to use the LESS (▼) function for chilled and frozen ready meals.
3	Crispy Crumb Foods (ie fish fingers, chicken nuggets)	0.1kg - 0.4kg	<ul style="list-style-type: none"> Place the crispy crumb foods in a flan dish on the high rack. Turn the food over when the oven indicates. <p>NOTE: Use the MORE (▲) key for Frozen Crispy Crumb foods.</p>

See notes over page.

AUTO COOK CHART (R-953M)



AUTO COOK (R-953M Continued)

No.	MENU	WEIGHT RANGE	COOKING PROCEDURE
4	Oven Ready Pizza	0.2 - 0.8kg	<ul style="list-style-type: none"> Place the pizza directly on the low rack. NOTE: Use the MORE (▲) key for frozen pizza.
5	Oven Chips	0.1 - 0.4kg	<ul style="list-style-type: none"> Spread the frozen chips evenly in a large flan dish, and place on the high rack. Turn the chips over when the oven indicates. NOTE: Use the MORE (▲) key for thick chips and the LESS (▼) key for thin chips.
6	Baked Potatoes	1 - 6 pieces (1 piece = 250g)	<ul style="list-style-type: none"> Pierce each potato in several places and place towards the edge of the turntable. After cooking, stand covered in aluminium foil for 2-3 minutes.
7	Rice/Pasta	0.1 - 0.3kg	<ul style="list-style-type: none"> Add 300 ml (1/2 pint) boiling water per 100 g (4 oz) rice/pasta. Do not cover. Stir when the oven indicates. Stir and stand for 3-4 minutes before draining and rinsing in boiling water.
8	Cake	0.7 - 1.4kg	NOTE: Cakes recommended from the Cookery Book - Moist Carrot Cake (approx. 1.1kg) Parkin (approx. 1.4kg) Chocolate Brownies (approx. 1.3kg) Lattice Cake (approx. 0.7kg) Cherry and Almond Cake (approx. 0.9kg) <ul style="list-style-type: none"> Carefully follow the recipe in the Cookery Book. Place the cake in the oven on the low rack.

For converting to Lb/oz please see the conversion chart in the Cookery Book.

NOTES:

When using **AUTO COOK** for cakes, use only the utensils recommended in the Cookery Book. **Do not** use metal cooking utensils. Please refer to the Cookery Book for the suitable recipes.

For Auto Menu numbers 3, 4, 5, 6 and 8, care must be taken when choosing containers (see Suitable Cookware, pages 28-29) as these menus use **DUAL CONVECTION/DUAL GRILL** modes.

IMPORTANT NOTE FOR CHILLED READY MEALS/FROZEN READY MEALS:

- 1 These menus are suitable for savory microwave ready meals only.
- 2 You must only cook one microwave ready meal at a time.
- 3 Always refer to food weight given on packaging.
- 4 Always check food is thoroughly heated before serving, if necessary increase cooking time, using 70% (MEDIUM HIGH), and check the food every minute.
- 5 Remove outer cardboard packaging as instructed by the manufacturer, and note given food pack weight.
- 6 If the food container is made of aluminium, remove, place in a suitable container, cover with cling film and pierce in 5 places before heating. See Suitable Cookware, pages 28-29.
- 7 If the container is covered with aluminium foil, remove foil and recover with microwave cling film and pierce five times.



AUTO COOK CHART (R-963M)

AUTO COOK (R-963M)

No.	MENU	WEIGHT RANGE	COOKING PROCEDURE
1	Oven Ready Pizza	0.2 - 0.8kg	<ul style="list-style-type: none"> Place the pizza directly on the low rack. NOTE: Use the MORE (▲) key for frozen pizza.
2	Crispy Crumb Foods (ie fish fingers, chicken nuggets)	0.1 - 0.4 kg	<ul style="list-style-type: none"> Place the crispy crumb foods in a flan dish on the high rack. Turn the food over when the oven indicates. NOTE: Use the MORE (▲) key for frozen crispy crumb foods.
3	Baked Potatoes	1-6 pieces (1 piece = 250g)	<ul style="list-style-type: none"> Pierce each potato in several places and place towards the edge of the turntable. After cooking, stand covered in aluminium foil for 2-3 minutes.
4	Oven Chips	0.1 - 0.4 kg	<ul style="list-style-type: none"> Spread the frozen chips evenly in a large flan dish, and place on the high rack. Turn over when the oven indicates. NOTE: Use the MORE (▲) key for thick chips and the LESS (▼) key for thin chips.
5	Yorkshire Pudding	1-8 puddings	<ul style="list-style-type: none"> Place 5 ml (1 tsp) oil into 1-8 Yorkshire pudding moulds. Place one tray on the lower shelf, the other (if using) on the upper shelf. Enter quantity 1-8 pieces and the oven will preheat. Whilst the oven is preheating prepare the batter. Combine 300 ml (1/2 pint) milk, 2 eggs (size 3), 100 g (4 oz) plain flour and a pinch of salt until smooth. This recipe makes 8 Yorkshire puddings, halve the ingredients to make 4. When the oven displays 220°C remove the tray(s) from the oven and pour equal quantities of batter into the hot oil in each mould. Return the tray(s) to the oven and close the door. The oven will display the cooking programme. Press the START/AUTO MINUTE key.
6	Cake	0.7 - 1.4kg	NOTE: Cakes recommended from the Cookery Book - Moist Carrot Cake (approx. 1.1kg) Parkin (approx. 1.4kg) Chocolate Brownies (approx. 1.3kg) Lattice Cake (approx. 0.7kg) Cherry and Almond Cake (approx. 0.9kg) <ul style="list-style-type: none"> Carefully follow the recipe in the Cookery Book. Place the cake in the oven on the low rack.

- For converting to lb/oz please see the conversion chart in the Cookery Book.

NOTES:

When using **AUTO COOK** for cakes, use only the utensils recommended in the Cookery Book. **Do not** use metal cooking utensils. Please refer to the Cookery Book for the suitable recipes.

Care must be taken when choosing containers (see Suitable Cookware, pages 28-29) for the above Auto Menus as they use **DUAL CONVECTION/DUAL GRILL** modes.

SensNcook (R-963M)



SensNcook, can be used for cooking a range of foods using special **SensNcook** technology. Simply press the chosen food key and the oven will do the rest for you.

Always refer to the **SensNcook** charts on pages 20-21 before operating this function.

Press the selected key once and the programme will automatically start to cook after 2-3 seconds.

If food requires manipulation (i.e. turn over or stir), open the door, follow the instruction, close the door and press start.

SensNcook



Example: To cook 0.1kg Rice.

Prepare the rice as the instructions in the chart on page 21.

Put the rice in the oven and press the **RICE/PASTA** key once within 3 minutes of closing the door.



The oven will automatically start cooking.



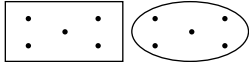
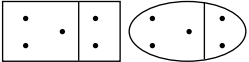
x1

Important notes for SensNcook food:

- After the oven is plugged in, wait 2 minutes before using **SensNcook**.
- Once a **SensNcook** programme has started, do **not** open the door or press **STOP/CLEAR** until the menu has stopped flashing on the display, unless following instructions to stir. During this time, Sensor technology senses humidity emitted from food as it heats and determines the cooking time. Opening the door or stopping the oven disturbs the humidity content and affects the cooking result.
- Ensure food is thoroughly heated before serving. If additional heating is required, cook this manually.
- For best results when using **SensNcook**, ensure both the oven and cookware are dry and cool (approx. 20°C).
- The **SensNcook** chilled/frozen meals programme is not suitable for heating convenience ready meals that are not recommended for microwaving.
- If the food container is made from aluminium foil, remove, place in a suitable container, cover tightly with cling film and pierce in 5 places before heating.
- If the film covering the food is not suitable for microwaving, or is not sealed correctly, remove and recover tightly with cling film and pierce in 5 places.
- If the food container is damaged, cracked or split follow food manufacturers' cooking instructions:- **Do not use SensNcook**.
- The **SensNcook** food programme is suitable for the food types and weights indicated on pages 20-21 only.
- Where necessary, press the **MORE** (▲) or **LESS** (▼) keys, once within 2 seconds after pressing the **SensNcook** key. (as recommended in the charts on pages 20-21).
- To cook weights above or below that range or foods not included in the chart on page 20-21, refer to the charts in the Cookery Book.

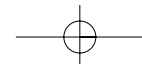


SensNcook CHART (R-963M)

MENU	WEIGHT RANGE	MENU INCLUDES	UTENSILS	COOKING PROCEDURE
Chilled Ready Meals	0.3kg - 0.8kg	Stirrable: e.g. Tagliatelle Carbonara Spaghetti Bolognese Non-stirrable: e.g. Lasagne Cannelloni Cottage Pie	Plate for bag types	<ul style="list-style-type: none"> For one section containers, use a skewer to pierce film in five places.  For two section containers, pierce using a skewer. Pierce meat/main portion three times and rice/pasta portion twice.  For food contained in bag(s), pierce meat portion five times on each side. For rice/pasta pierce five times on one side only (where rice/pasta portion bags come already perforated, do not pierce further). Place on the turntable. Press the CHILLED READY MEALS key. <p>NOTE: For non-stirrable foods, press the MORE (▲) key, the oven will begin cooking automatically after 2-3 seconds.</p> <ul style="list-style-type: none"> After cooking, leave to stand covered for 2-3 minutes before serving. For stirrable foods, stir as the oven indicates. For food in bags, manipulate contents. For non-stirrable foods, it is not necessary to stir. It is not possible to use the LESS (▼) function for chilled ready meals.
Frozen Ready Meals	0.3kg - 0.8kg	Stirrable: e.g. Tagliatelle Carbonara Spaghetti Bolognese Non-stirrable: e.g. Lasagne Cannelloni Cottage Pie	Plate for bag types	<p>As above but press the FROZEN READY MEALS key.</p> <p>NOTES:</p> <ul style="list-style-type: none"> Press MORE (▲) key for cooking non-stirrable meals. If the packaging is damaged, place the food in a similar shape and size dish, wrap in cling film, pierce as above and cook. It is not possible to use the LESS (▼) function for frozen ready meals.




SensNcook NOTES:

- If you wish to cook foods, or weights of food not included in the **SensNcook** facility please refer to the cooking charts in the Cookery Book.
- For converting to lb/oz please see the conversion chart in the Cookery Book.



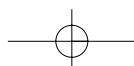
SensNcook CHART (R-963M)



MENU	WEIGHT RANGE	MENU INCLUDES	UTENSILS	COOKING PROCEDURE
Canned Food	0.2kg - 0.8kg	Baked beans Chilli Curry Stew Macaroni Ravioli Soup	Casserole Dish recommended size: 1.0L 1.5L 2.0L	<ul style="list-style-type: none"> Empty the contents of the can into a suitable sized dish. Cover the dish with cling film.  Pierce in five places: Place the dish in the centre of the turntable and press the CANNED FOOD key once. Cooking will start automatically after 2-3 seconds. When the oven indicates, stir and recover, replace into the oven and press start. After cooking stir and stand covered for 2-3 mins before serving.
Fresh Fish	0.1kg - 0.6kg	Fillets Steaks Whole	Flan dish Cling film	<ul style="list-style-type: none"> Choose fish of a similar shape and size. Place in a single layer in a flan dish. Cover with cling film and pierce in five places:  Place on the centre of the turntable and press the FRESH FISH key once. Stand covered for 2-3 mins before serving.
Rice/Pasta	0.1kg - 0.3kg	Long grain rice/Pasta	Casserole dish	<ul style="list-style-type: none"> Place in a suitable sized dish and add boiling water. Place the dish on the centre of the turntable. Press the RICE/PASTA key once. When the oven indicates, stir and replace into the oven and press start. Stir and stand for 2-3 mins after cooking. <p>NOTES: RICE: Add 300ml of boiling water per 100g white rice. PASTA: Add 400ml of boiling water per 100g pasta. DO NOT COVER THE DISH.</p>
Fresh Vegetables	0.1kg - 0.6kg	Broccoli Cabbage Sprouts Peas	Casserole dish recommended size: 1.0L=0.1 kg 1.5L=0.3kg 2.5L=0.6 kg	<ul style="list-style-type: none"> Cut, chop and slice into evenly sized pieces. Place into a suitable sized dish. Add 15ml water per 100g vegetables. Cover with cling film and pierce in five places:  Press the FRESH VEGETABLE key once. Stir and stand covered for 2-3 minutes before serving.

SensNcook NOTES:

- If you wish to cook foods, or weights of food not included in the **SensNcook** facility please refer to the cooking charts in the Cookery Book.
- For converting to lb/oz please see the conversion chart in the Cookery Book.



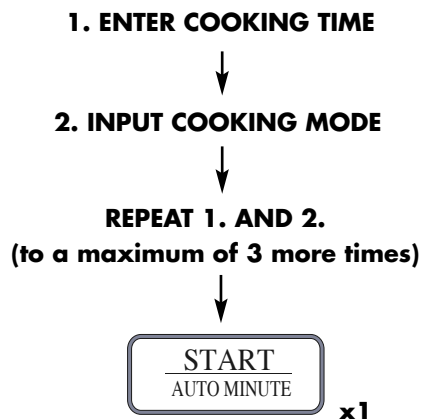


CONVENIENT FUNCTIONS

1. MULTIPLE SEQUENCE COOKING

This facility enables continued and uninterrupted operation of up to four different sequences:

- To programme a series of sequences: input the cooking time followed by the desired cooking mode.
- Repeat this procedure to a maximum of four sequences.
- Finally, press the **START/AUTO MINUTE** key to start sequence cooking.



2. AUTO MINUTE



AUTO MINUTE enables you:

- To cook directly on 100% (HIGH) microwave power in multiples of 1 minute.
- To extend cooking time in multiples of 1 minute.

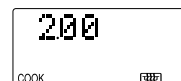
EXAMPLE:

To cook on 100% (HIGH) for 2 minutes.

1. Press the **START/AUTO MINUTE** key twice



x2



NOTE: The **AUTO MINUTE** function for direct start, can only be input within 3 minutes after cooking completion, closing the door or pressing the **STOP/CLEAR** key. The cooking time may be extended to a maximum of 99 minutes.

EXAMPLE:

To cook on 70% (MEDIUM HIGH) for 5 minutes and then extend the cooking time by 1 minute during cooking.

1. Enter the cooking time by pressing the **1 MIN** key 5 times.



x5



2. Press the **MICROWAVE POWER LEVEL** key twice for 70% (MEDIUM HIGH) .



x2



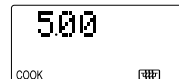
3. Press the **START/AUTO MINUTE** key once to start cooking.



x1

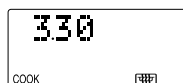


The timer will count down.

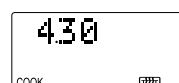


4. Press the **START/AUTO MINUTE** key once to extend the cooking time by 1 minute.

The time can be extended at any stage during the 5 minutes.



x1



CONVENIENT FUNCTIONS



3. LESS (▼) and MORE (▲)

The **LESS** (▼) and **MORE** (▲) keys allow you to cook food for more or less time than the preset programmes.

For Example: If you prefer Jacket Potatoes which are cooked but still crisp, use the **LESS** (▼) key. Alternatively, if you prefer Jacket Potatoes softer, use the **MORE** (▲) key.

• TO USE LESS AND MORE WITH EXPRESS COOK / EXPRESS DEFROST / AUTO COOK

Press the **LESS** (▼) / **MORE** (▲) key after entering weight and before pressing the **START/AUTO MINUTE** key.

• TO USE LESS AND MORE WITH SENSNCOOK

Press the **LESS** (▼) / **MORE** (▲) key within 2 seconds after pressing a **SENSNCOOK** menu key.

NOTE: To cancel **LESS** (▼) / **MORE** (▲), simply press the same key again.

To change **MORE** to **LESS** simply press the **LESS** (▼) key.

To change **LESS** to **MORE** press the **MORE** (▲) key.

• TO USE LESS AND MORE WITH MANUAL COOKING

Press the **LESS** (▼) or **MORE** (▲) key to decrease or increase the cooking or defrosting time in multiples of 1 minute whilst the oven is in use. The overall cooking time can be increased to a maximum of 99 minutes.

NOTE:

It is also possible to increase time during cooking by pressing the **START/AUTO MINUTE** key. This increases the cooking time by 1 minute with each press.

EXAMPLE:

To cook on 50% (MEDIUM) for 10 minutes and then decrease the cooking time by 2 minutes.

1. Enter the cooking time by pressing the **10 MIN** key once.



x1



2. Press the **MICROWAVE POWER LEVEL** key 3 times for 50% (MEDIUM).



x3



3. Press the **START/AUTO MINUTE** key once to start cooking.



x1



Display counts down.

The time can be extended or shortened at any stage during the 10 minutes.



4. Press the **LESS** (▼) key twice to shorten the cooking time by 2 minutes.



x2



Cooking time is reduced by two minutes and continues to count down.



CONVENIENT FUNCTIONS

4. GUIDE ON/OFF (R-953M)

When you plug the oven in for the first time, the auto setting for the interactive display guide is ON. The selected guide on/off setting will not change even if the electrical power supply is interrupted.

This will assist you to determine:

- The next action towards completing any programme (manual or automatic).
- Weight ranges for automatic programmes.

As you get more familiar with your oven, the guide can be turned off.

EXAMPLE: To set the guide off.

- 1.** Hold the **KITCHEN TIMER** key down for 4 seconds

The display will flash a series of messages:



GUIDE
ON/OFF

GUIDE
ON

PRESS
START

GUIDE
OFF

PRESS
STOP

**x1 and hold
for 4 secs.**

- 2.** Press the **STOP/CLEAR** key.



x1



GUIDE
OFF

The display will return to the time of day if set.

To restore the guide, hold the **KITCHEN TIMER** key down for 4 seconds and press the **START/AUTO MINUTE** key once.

CONVENIENT FUNCTIONS



5. INTERACTIVE DISPLAY (R-963M)



The **INFO** key provides a step-by-step interactive guide which illuminates the display.

When you plug the oven in, the auto setting for the interactive display is ON.

This will assist you to determine:

- The next action towards completing any programme (manual or automatic).
- Weight ranges for automatic programmes.

There are two options when you use the **INFO** key:

- 1) Guide of Keys allows you to press a key to display information about it. The information will be displayed twice.

EXAMPLE

To check the information for Chilled Roast Pork in the **EXPRESS COOK** function.

1. Press the **INFO** key once.
i will appear in the display.



x1



2. Press the **ROAST PORK** key twice to select Chilled Roast Pork.



x2



The display will flash a series of messages:

CHILLED ROAST	PORK	06 KG- 18 KG
1L 6oz- 3L15oz	PLACE ON LOW RACK	

The message will be repeated twice, and then the display will show the time of day if set. If you want to cancel the guide, press the **STOP/CLEAR** key.



- 2) Guide on/off allows you to turn the guide on or off.

EXAMPLE: To set the guide off.

1. Press the **INFO** key once.



x1



The display will flash a series of messages:

1. GUIDE OF KEYS	PRESS DESIRED	KEY	2. GUIDE ON/OFF	PRESS INFO KEY
---------------------	------------------	-----	--------------------	-------------------

2. Press the **INFO** key again.



x1



GUIDE ON/OFF	GUIDE ON	PRESS START	GUIDE OFF	PRESS STOP
-----------------	-------------	----------------	--------------	---------------

3. Press the **STOP/CLEAR** key.



x1



GUIDE
OFF

The display will return to the time of day if set.

- 3) **EXPRESS COOK**, **AUTO COOK** and **EXPRESS DEFROST** menus can provide helpful cooking advice. If you wish to check, press the **INFO** key whenever the INFO indicator is lit in the display.



CONVENIENT FUNCTIONS

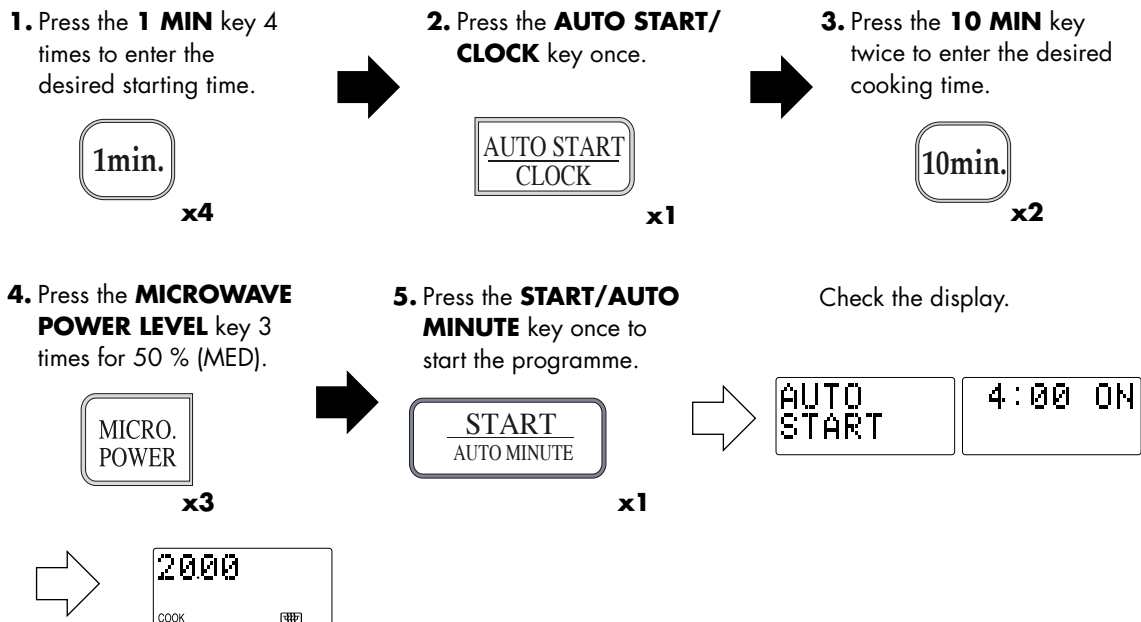
6. AUTO START

AUTO START enables you to programme the oven to cook at any time during the next 12 hours.

IMPORTANT: It is recommended the oven is always attended when in use. Check to ensure you have programmed the oven correctly. Exceeding cooking times and use of excessive power levels can lead to food overheating and cause a risk of fire.

- You can use **AUTO START** only with manual cooking.
- Before programming the oven, always check that the clock has been set and that the display is showing the correct time of day.
- Once the oven is programmed for **AUTO START** the display will show the auto start time.
- If you press the **AUTO START/CLOCK** key and hold, the time of day will be displayed until you release your finger from the key.
- If you want to cancel an **AUTO START** programme, press the **STOP/CLEAR** key.
- The **AUTO START** time can only be entered in multiples of 10 minutes. It is not possible to enter less than 10 minutes or any time which is not in multiples of 10 minutes.
- If the door is opened after programming, close the door and press the **START/AUTO MINUTE** key to continue with **AUTO START**.

Example: Current time of day is 1:00pm and you want to programme the oven to reheat a casserole on 50% (MED) for 20 minutes at 4:00pm.



When the oven starts at 4:00pm, the pre-programmed cooking sequence will start. The cooking time and mode appear on the display.

Note: See page 8 if you want to set the clock.

CONVENIENT FUNCTIONS

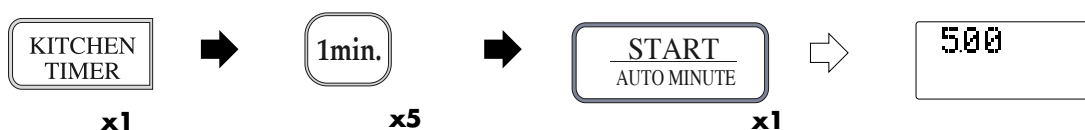


7. KITCHEN TIMER

You can use the **KITCHEN TIMER** for timing where microwave cooking is not involved. For example, to time a boiled egg cooked on a conventional hob, to monitor the standing time for microwaved food or to remind you of the time when making a phone call.

Example: To set the kitchen timer for 5 minutes:

1. Press the **KITCHEN TIMER** key once.
 2. Press the **1 MIN** key 5 times.
 3. Press the **START/AUTO MINUTE** key once.
- The display will count down. When the display reaches zero, the 'beep' signal will sound.



You can enter any time up to 99 minutes, 90 seconds. To cancel the **KITCHEN TIMER** whilst counting down, simply press the **STOP/CLEAR** key and the display will return to the time of day, if set.

NOTE: The kitchen timer function cannot be used whilst cooking or when the **AUTO START** function is set.

8. WEIGHT CONVERSION

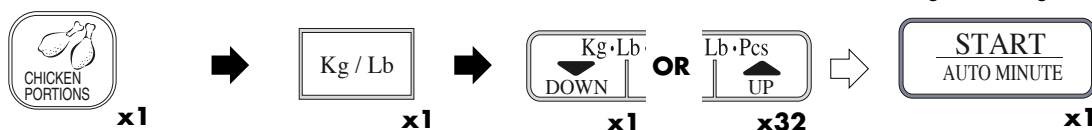
Your oven comes set for kg (kilograms).

You can use the weight conversion function to convert kg to lbs or vice-versa. The oven memorises the weight unit of the last operation, until you change it. To change from kg to lbs press the **WEIGHT CONVERSION** key when the display shows the time of day or before entering the weight.

Example:

To change from kg to lbs when using **EXPRESS DEFROST** (Chicken Portions), when you want to input 2lb 10oz.

1. Press the **CHICKEN PORTIONS** key.
2. Press the **WEIGHT CONVERSION** key to change from kg to lbs.
3. Enter the weight by pressing the **WEIGHT** keys.
4. Press the **START/AUTO MINUTE** key once to begin cooking.



Display:



NOTE: If you change from lbs to kg, the display will show **KG**

The **UP** (▲) key starts from the lowest weight / pieces.

The **DOWN** (▼) key starts from the highest weight / pieces.



SUITABLE COOKWARE

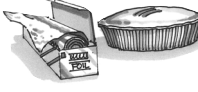
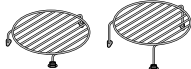

For microwaving, use only those utensils suitable for microwave cookery as indicated below.

A variety of cookware can be used for microwaving. Round/oval dishes rather than square/oblong ones are recommended, as food in the corners tends to overcook.

COOKWARE	SUITABLE FOR MICROWAVING	GRILL	CONVECTION	DUAL COOKING	
Heat resistant glass, (e.g. Pyrex®, Fire King®, Corning Ware®).	YES	YES	YES	YES	
Microwave-safe plastic cookware.	YES	NO	NO	NO	
Microwave cling film, microwave roasting bags.	YES Microwave cling film and bags must be vented for steam to escape, pierce in 4-5 places. Do not use plastic or metal ties as they may melt or catch fire due to 'arcing'.	NO	NO	NO	
Heat-resistant china and ceramics.	YES Except for dishes with metallic decoration.	NO	YES	YES Except for dishes with metallic decoration.	
Disposable containers: Thin plastic, paper, straw and wooden containers.	YES Always attend the oven closely. Look at the oven from time to time when heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.	NO	NO	NO	
Kitchen paper.	YES Always attend the oven closely. Only use to absorb fat and moisture when warming food. Pay special attention as overheating may cause a fire in your oven.	NO	NO	NO	
Browning dishes & self-heating packages.	YES Always place on an up-turned plate on the turntable to prevent heat stress. Follow manufacturer's instructions. Be careful as these become very hot. Popcorn: Only use microwave popcorn within recommended packaging (follow popcorn manufacturer's instructions). Never use oil unless the manufacturer recommends and never cook for longer than instructed.	NO	NO	NO	
Metal cookware.	NO	YES If desired, metal trays may be used.	YES	NO	

SUITABLE COOKWARE



COOKWARE	SUITABLE FOR MICROWAVING	GRILL	CONVECTION	DUAL COOKING	
Aluminium foil & foil containers, made from "Micro Foil®".	YES/NO Use small pieces of aluminium foil to shield food from overheating. Keep foil at least 2cm from the oven walls. Foil containers are not recommended unless specified by the manufacturer, eg. MicroFoil®, follow instructions carefully.	YES	YES	YES/NO Use aluminium foil for shielding only.	
High rack & low rack.	YES The metal racks supplied have been specially designed for all cooking modes and will not damage the oven.	YES	YES	YES	
Square shelves.	NO	NO	YES	NO	

FOOD HANDLING & PREPARATION



Face & Hands: Always use oven gloves to remove food or cookware from the oven. Stand back when opening the oven door to allow heat or steam to disperse. When removing covers (such as cling film), opening roasting bags or popcorn packaging, direct steam away from face and hands.

Stir, turn & stand

For even cooking stir, turn or rearrange food during cooking. Where recommended, leave food to stand after cooking or defrosting.



Initial and final temperature of food

The initial temperature of food affects the amount of cooking time needed, eg. chilled food requires more cooking than food at room temperature.

The temperature of the container is not a true indication of the temperature of the food or drink. Cut into foods with fillings, for example, jam doughnuts, to release heat or steam.



Check the temperature of food and drink and stir before serving. Take special care when serving babies, children or the elderly. The contents of feeding bottles and baby food jars are to be stirred or shaken and the temperature is to be checked before consumption to avoid burns.

Composition & quality

Food high in fat or sugar (Christmas pudding or mince pies) requires less heating time and should be watched, over-heating can lead to fire.

Good quality ingredients should be used for microwaving. Economical cuts of meat are recommended for casserole.





FOOD HANDLING & PREPARATION

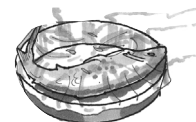
Piercing Food with skin (such as potatoes, apples, fish, chicken), or with membrane (such as the white and yolk of eggs, including boiled eggs), must be pierced in several places before cooking or reheating. If not, steam will build up and may cause food to explode.
Note: Eggs in their shells and whole hard boiled eggs should not be heated in the microwave ovens since they may explode even after microwaving has ended.



Arrangement Place thickest parts of food on the outside of the dish, for example, the meaty ends of chicken drumsticks should be placed on the outside of the dish.



Covering Fish, vegetables and certain other foods benefit from being covered during microwave cooking, follow recommendations where given and use vented microwave cling film or a suitable lid.



Size & shape Food size and shape affect the amount of cooking time needed. When cooking more than one portion of the same food ensure they are of a similar size and shape.



Density & quantity Food density and quantity affect the amount of cooking time needed, for example, potatoes require more cooking than peas; four potatoes will take longer to cook than two.



Hygiene Food hygiene standards (storage, handling and preparation) apply to microwaving. Always store convenience foods as recommended by the food manufacturer and keep no longer than the "Use By" date.



ADVICE FOR COOKING



WARNING - Always attend the oven when in use.

Carefully follow the SHARP Operation Manual at all times. If you exceed recommended cooking times and/or use power levels that are too high, food may overheat, burn, and in extreme circumstances, catch fire and damage the oven.

The microwave power level will default to 100% (HIGH) unless you press the **MICROWAVE POWER LEVEL** key to reach the desired setting. Take care when heating foods with high sugar or fat content, for example, Christmas pudding, mince pies and fruit cakes. Before use, the user should check that utensils are suitable for use in microwave ovens.

Lids: Always remove lids from food jars and containers before you use them in the oven. If you do not, steam and pressure will build up inside and the container may explode.

Do not place hot foods/utensils on a cold turntable, or cold foods/utensils on a hot turntable.

WARNING: Liquids and other foods must not be heated in sealed containers since they are liable to explode.

ADVICE FOR DEFROSTING



Meat joints

Place in a flan dish, turn over at least 4-5 times during defrosting, shield any warm areas with small, flat pieces of foil. After defrosting, wrap in foil and allow meat to stand for 60-90 minutes, until thoroughly defrosted.



Poultry

Place in a flan dish, turn over at least 3-4 times during defrosting, shield any warm areas with small, pieces of foil. After defrosting, wrap in foil and allow poultry to stand for 60-90 minutes, until thoroughly defrosted.

NOTE: Do not defrost poultry with giblets.



Steak, Chops & Chicken Portions

Place in a flan dish, separate during defrosting and turn over at least 2-3 times. Shield if necessary.



Cubed & Minced Meat

Place in a bowl, stir or turn over at least 3-4 times during defrosting, remove defrosted parts each time.

For frozen blocks of meat see 'Minced Beef' in the charts in the cook book.



Whole Fish & Fillets

Place in a flan dish, separate during defrosting and turn over at least twice. Shield if necessary.



Prepacked Frozen Foods

Remove packaging, including any foil and place in a suitable dish.



NOTES:

- To defrost food, use either 30% (MEDIUM LOW/DEFROST) or 10% (LOW) microwave power.
- Shield warm areas with small pieces of foil if necessary.
- It is important to turn food over, separate (where appropriate) and rearrange to ensure even defrosting.
- Standing time is necessary to ensure thorough defrosting.



ADVICE FOR REHEATING



WARNINGS:

Oil & Fat: Never heat oil or fat for deep frying as this may lead to overheating and fire. Stand back when opening the oven door to allow heat or steam to disperse. When removing covers (such as cling-film), opening roasting bags or popcorn packaging, direct steam away from face and hands.

Never heat liquids in narrow-necked containers, as this could result in the contents erupting from the container and may cause burns.

- Remove food from foil or metal containers before reheating.
- Reheating times will be affected by the shape, depth, quantity and temperature of food together with the size, shape and material of the container.
- To avoid overheating and fire, special care must be taken when reheating foods with a high sugar or fat content, for example, mince pies, Christmas pudding.
- Canned potatoes should not be heated in the microwave oven, follow the manufacturers' instructions on the can.

Plated meals

Remove any poultry or meat portions, reheat these separately, see below. Place smaller items of food to the centre of the plate, larger and thicker foods to the edge. Cover with vented microwave cling-film and reheat on 50% (MEDIUM), stir/rearrange halfway through reheating. Ensure food is thoroughly reheated before serving.



Casseroles

Cover with vented microwave cling-film or suitable lid, reheat on 50% (MEDIUM). Stir frequently to ensure even reheating.



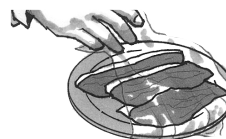
Poultry portions

Place thickest parts of the portions on the outside of the dish, cover with microwave cling-film and reheat on 70% (MEDIUM HIGH). Turn over halfway through. **NOTE:** Ensure poultry is thoroughly reheated, before serving.



Sliced meat

Cover with vented microwave cling-film and reheat on 50% (MEDIUM). Rearrange at least once to ensure even reheating. **NOTE:** Ensure meat is thoroughly reheated before serving.



Pies

Place pies in a flan dish. Reheat meat pies on 70% (MEDIUM HIGH) and fruit pies on 50% (MEDIUM).

Vegetables

Cover with vented microwave cling-film or suitable lid and reheat on 50% (MEDIUM). Stir at least once during reheating.



CLEANING AND MAINTENANCE



OVEN INTERIOR

Clean the microwave oven cavity after each use with a mild detergent solution on a soft cloth, pay special attention to the waveguide cover. Built up splashes may overheat and begin to smoke or catch fire, and cause arcing.

After Grill, Convection, Dual, AutoCook and Express Cook modes the oven cavity, door, cabinet and accessories will become very hot. Before cleaning, ensure that they have cooled down.

Ensure all food splashes are wiped off immediately after use, otherwise it is possible that any food deposits will become baked onto the rear of the oven cavity resulting in staining of the polished surface, which may then be impossible to remove. Slight tarnishing of the oven cavity around the area of the convection and grill heaters is likely to occur. This effect does not indicate a problem.

Take care not to let soapy water drip through the small holes in the oven walls and the cavity floor particularly if the turntable and turntable support are removed. Excess water spillage through these holes will cause damage to the oven interior. Heat up your oven regularly by using the convection and grill without food, refer to the notes on pages 10 and 11.

Remaining food or fat splashed on the oven interior can cause smoke or a bad smell. To prevent splashing, cover food whenever possible.

ACCESSORIES

Accessories should be washed in a mild washing-up liquid solution and dried. They are dishwasher safe.

OUTER CABINET

Wipe the outer cabinet with a mild detergent solution on a soft cloth. The control panel must be wiped clean whilst the door is open, therefore deactivating the oven.



WARNINGS-

- **Do not allow grease or dirt to build up on the door seals and adjacent parts as this may prevent the door from closing correctly and may cause a leakage of microwaves. To clean use a mild detergent solution on a soft damp cloth.**
- **Keep the waveguide cover and accessories clean at all times. If you leave grease or fat in the cavity, it may overheat, cause arcing, smoke or even catch fire when next using the oven.**
- **Never use spray cleaners, oven pads or abrasive scourers as these damage the surface of the oven.**

TROUBLESHOOTING



If you think the oven is not working properly there are some simple checks you can carry out yourself before calling an engineer. This will help prevent unnecessary service calls if the fault is something simple. Simply answer "YES" or "NO" to the following questions:

1. Does the oven lamp come on when you open the door? **YES/NO**
Put half a cup of water in the oven, on the turntable and close the door. Set the oven to 1 minute on full power.
2. Does the oven lamp come on? **YES/NO**
3. Does the turntable rotate? **YES/NO**
4. Does the cooling fan work? (Check by placing your hand above the air-vent openings) **YES/NO**
5. After 1 minute does the "beep" sound? **YES/NO**
6. Is the water in the cup hot? **YES/NO**
Take the cup out of the oven and close the door.
7. Set the oven to 3 minutes using the Grill setting.
At the end of 3 minutes does the grill heater become hot? **YES/NO**

IMPORTANT: If the display shows nothing even if the power plug is properly connected, the energy save mode should carry on. To release it, open and then close the oven door. Refer to page 7.

8. Programme the oven on convection 180°C for 3 minutes.
Does the oven light come on? **YES/NO**
Does the turntable rotate? **YES/NO**
After 3 minutes is the oven cavity hot? **YES/NO**

If you answer "NO" to any question first check that the oven is plugged in properly and the fuse has not blown. If there is no fault with either Check against the troubleshooting chart on page 34.

WARNING:

It is hazardous for anyone other than a competent person to carry out any service or repair operation which involves the removal of a cover which gives protection against exposure to microwave energy.



TROUBLESHOOTING

NOTES:

The following cooking conditions should not cause concern:

1. If you cook food for more than the standard time (see chart opposite) at the same power level, the oven's safety mechanisms will automatically activate. The microwave power level will be reduced and the grill heating elements will turn on and off.
2. After Grill, Dual Cooking, Convection, Express Cook and Auto Cook modes, the cooling fan will switch on for cooling the oven cavity. When the cooling fan works, "NOW COOLING" will be displayed. During these modes, the cooling fan will also work when you press **STOP/CLEAR**. You may feel air blowing out of the air-vent openings.

COOKING MODE	STANDARD TIME
Microwave 100% cooking	20 MINUTES
Grill cooking	15 MINUTES
Dual cooking	
Micro and Grill (Microwave 100%)	MICROWAVE 15 MINUTES GRILL 15 MINUTES
Micro and Grill (Microwave 70%)	MICROWAVE 40 MINUTES GRILL 15 MINUTES
Micro and Convection	MICROWAVE 40 MINUTES

PROBLEM	POSSIBLE CAUSE/SOLUTION
Digital display does not light-up.	Check the oven is plugged in. Plug in another appliance to check the mains supply is feeding the socket. Replace the fuse.
Draught circulates around the door.	When the oven is working, air circulates within the cavity. The door does not form an airtight seal so air may escape from the door.
Condensation forms in the oven, and may drip from the door.	The oven cavity will normally be colder than the food being cooked, and so steam produced when cooking will condense on the colder surface. The amount of steam produced depends on the water content of the food being cooked. Some foods, such as potatoes have a high moisture content. Condensation trapped in the door glass should clear after a few hours.
Flashing or arcing from within the cavity when cooking.	Arcing will occur when a metallic object comes into close proximity to the oven cavity during cooking. This may remove some of the paint and possibly roughen the surface of the cavity, but would not otherwise damage the oven. Bare metal should be touched up with acrylic paint to prevent the formation of rust.
Arcing potatoes.	Ensure all "eyes" are removed and stand directly onto the turntable or in a heat resistant flan dish or similar.
Control panel buttons do not operate.	Check the door is closed properly.
Oven cooks too slowly.	Ensure correct mode and power level has been selected.
Oven makes a noise.	The cooling fan generates noise. The microwave energy pulses ON/OFF during cooking/defrosting.
If the display shows different messages from ENERGY SAVE MODE when you plug the oven in and open the door. If you are unable to programme your oven or the microwave energy does not pulse on and off during use.	Your oven may be set in demo mode. Follow the steps below to cancel the demo mode. 1. Press the STOP/CLEAR key for ten seconds until you hear the beep twice. 2. Press the STOP/CLEAR key ten times within ten seconds. 3. The oven display will show "DEMO OFF".

TO REPLACE THE MAINS PLUG



The wires in the mains cable are colour coded as shown opposite:

green and yellow stripes	=	EARTH
blue	=	NEUTRAL
brown	=	LIVE

As the colours of the cores in the mains lead of your oven may not correspond with the coloured marking identifying the terminals in your plug, connect the wires as shown opposite:

Make sure the terminal screws are tight and the cable is held securely by the cable grip where it enters the plug. Like most appliances in your home, your oven must be connected to a single phase 230-240 Volt, 50Hz alternating current supply.

If you do not make the proper electrical connections you might damage the oven or injure yourself. Neither SHARP nor the supplier will be liable if this happens.

- The green and yellow wire to the plug terminal marked E **or** \equiv **or** coloured green **or** coloured green and yellow.
- The blue wire to the plug terminal marked N **or** coloured black **or** coloured blue.
- The brown wire to the plug terminal marked L **or** coloured red **or** coloured brown.

IF YOU HAVE ANY DOUBTS ABOUT YOUR ELECTRICAL SUPPLY ASK A QUALIFIED ELECTRICIAN.

CALLING FOR SERVICE



- If you are unable to resolve a problem using the checks covered on the last few pages, **do not attempt to service this microwave oven yourself.**
- Contact the dealer or supplier from whom the oven was purchased in order to obtain service. Where this is not possible, please contact the SHARP Customer Information Centre, telephone: 0990 274 277
- For general information & assistance with oven queries, please contact our **Customer Information Centre:**
Telephone: 0990 274 277
- Replacement accessories may be obtained from our main parts distributor Willow Vale Electronics Ltd.
Telephone: 0870 600 0271
0161 205 7531



GUARANTEE

Subject to the conditions listed below, SHARP Electronics (U.K.) Ltd (hereafter called "the Company"), guarantee to provide for the repair of, or, at its option replace this SHARP equipment, or any component thereof, (other than Glass Turntables), which is faulty or below standard, as a result of inferior workmanship or materials.

The conditions of the Guarantee:

- 1 This Guarantee shall only apply to defects or faults which are notified to the Company, or its Service Technician appointed by Sharp, within one year from the date of purchase of the equipment, provided that this Guarantee shall extend for a further period of one year in respect of microwave oven magnetron parts only.
- 2 This Guarantee covers equipment intended for private domestic use only. This oven is suitable for domestic food preparation and is not designed for commercial, industrial or laboratory use. This Guarantee does not apply to equipment used in the course of a business, trade or profession. Only use the microwave oven for cooking, defrosting or reheating of food. SHARP declines any liability for damages caused by improper use.
- 3 This Guarantee does not cover any faults or defects caused by accident, misuse, fair wear and tear, neglect, tampering with the equipment, or any attempt at adjustment or repair other than by a Service Technician Appointed by Sharp. Please clean your microwave oven regularly and remove any stains or fat residues without delay. Failure to do this may affect the quality and safety of the product or prejudice your guarantee.
- 4 In the unlikely event of your equipment requiring repair, please contact the dealer or supplier from whom it was purchased. You will need to provide proof of date of purchase to the repairing company. Please keep your invoice or receipt, which is supplied at the time of purchase. Where it is not possible to contact the dealer or supplier from whom the oven was purchased, please contact the telephone number given below. You will then be given details of how to obtain service.

Telephone: **0990 274 277**
- 5 No person has any authority to vary the terms or conditions of this Guarantee.
- 6 This Guarantee is offered as an additional benefit to the consumer's statutory rights and does not affect these rights in any way.

SHARP parts and accessories have been specifically designed for SHARP Microwaves.

No liability can be accepted for any inaccuracies or omissions in this publication, although every possible care has been taken to make it as complete and accurate as possible.

SPECIFICATIONS



AC Line Voltage	Single phase 230-240 V, 50 Hz
AC Power required:	
Microwave	1.55kW
Convection	2.85kW
Grill	2.85kW
Convection/Microwave	2.95kW
Grill/Microwave	2.95kW
Output Power:	
Microwave	900W (IEC 60705)
Grill Heater	1400W (700Wx2)
Convection Heater	1400W
MAFF heating category	E
Microwave frequency	2450 MHz
Outside Dimensions	550(W) x 368(H) x 537(D)mm
Cavity Dimensions	375(W) x 272(H) x 395(D) mm
Oven capacity	1.4 cu.ft (40 litres)
Cooking uniformity	Turntable diameter (362mm)
Nett Weight	Approx. 23kg

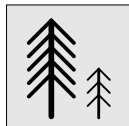


- This oven complies with the requirements of Directives 89/336/EEC and 73/23/EEC as amended by 93/68/EEC.
- As part of a policy of continuous improvement, we reserve the right to alter design and specification without notice.
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